



The Maryland State Medical Society

News: For Immediate Release

Additional Information Contact:

Gene M. Ransom, CEO

Office: 410-539-0872 x 3305

JULY IS EYE INJURY PREVENTION MONTH

BALTIMORE, July 18, 2017 — July is Eye Injury Prevention Month. There are approximately one million eye injuries in the United States every year, and 90% of these injuries are preventable. A large number of these injuries can cause serious, life-changing effects, like blindness. The leading causes of eye injury are sports and recreational accidents, fireworks, yard and workplace debris, sun exposure, and household chemicals.

It is important to learn how to protect yourself from serious eye injuries which you can do by taking a few simple precautions.

- Always wear safety goggles. Lawn mowers, weed trimmers and leaf blowers can throw dust and debris into the eye causing injury. Household chemicals such as drain cleaners, bleach, oven cleaners and battery acid can splash into the eye. To prevent these injuries it is important to wear appropriate safety equipment. Safety goggles should be worn when working with chemicals, in a workshop or when doing outdoor chores.
- Always wear appropriate protective eyewear during sports and recreational activities.
- Only attend professional fireworks displays. Improper handling of fireworks can lead to permanent eye injuries.
- When outdoors, wear sunglasses that are 97-100% UV protection, and choose the kind that wrap around to your temples so the sun's rays can't enter from the side. One of the greatest threats to your eyes is invisible. Exposure to bright sunlight may increase the risk of developing cataracts, age-related macular degeneration and growths on the eye, including cancer.

MedChi President, Dr. Rockower, states “In addition to the proper safety eyewear, early detection and treatment of eye conditions and diseases are essential to maintaining good vision at every stage of life. If eye problems such as visual changes, pain, flashes of light, seeing spots, excessive tearing and excessive dryness occur, you should see an eye doctor. Adults between the ages of 40 to 65 should have an eye exam every two to four years. Adults over the age of 65 should have an eye exam at least every one to two years.”

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit www.medchi.org.